

1 What is claimed as new and desired to be secured by Letters Patent is:

2 1. A method for prescribing a fitness program for a person comprising the steps of:

3 establishing a plurality of body types;

4 classifying the body of the person into one of said plurality of body types; and

5 based on the body type classification of the person,

6 prescribing a first aerobic routine for the person to perform;

7 prescribing a first upper body routine for the person to perform;

8 prescribing a second aerobic routine for the person to perform; and

9 prescribing a first abdominal routine for the person to perform;

10
11 2. The method of claim 1, wherein the step of establishing a plurality of body types

12 includes establishing at least a first body type, a second body type, a third body type, and

13 a fourth body type.

14
15 3. The method of claim 2, further comprising the step of:

16 for a person with a body classified into said first body type;

17 prescribing a third aerobic routine for the person to perform;

18 prescribing a set of standing knee to opposite chest for the person to perform;

19 prescribing a set of L-kicks for the person to perform;

20 prescribing a second upper body routine for the person to perform; and

21 prescribing a fourth aerobic routine for the person to perform.

22

1 4. The method of claim 3, wherein the fitness program is prescribed with a sequence
2 of said first aerobic routine, said set of standing knee to opposite chest, said set of L-
3 kicks, said second aerobic routine, said first upper body routine, said third aerobic
4 routine, said first abdominal routine, said second upper body routine, and said fourth
5 aerobic routine.

6
7 5. The method of claim 2, further comprising the step of:
8 for a person with a body classified into said second body type;
9 prescribing a first and second set of standing knee to opposite chest for the person
10 to perform;
11 prescribing a set of push-ups for the person to perform; and
12 prescribing a third aerobic routine for the person to perform.

13
14 6. The method of claim 5, wherein the fitness program is prescribed with a sequence
15 of said first set of standing knee to opposite chest, said set of push-ups, said first aerobic
16 routine, said first upper body routine, said second aerobic routine, said first abdominal
17 routine, said second set of standing knee to opposite chest, and said third aerobic routine.

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19 7. The method of claim 2, further comprising the step of:
20 for a person with a body classified into said third body type;
21 prescribing a second abdominal routine for the person to perform;
22 prescribing a first and second set of march in place on toes for the person to
23 perform;

1 prescribing a first and second set of side benders for the person to perform; and
2 prescribing a first and second set of deadlifts for the person to perform.
3

4 8. The method of claim 7, wherein the fitness program is prescribed with a sequence
5 of said first abdominal routine, said first aerobic routine, said first set of march in place
6 on toes, said first set of side benders, said first set of deadlifts, said first upper body
7 routine, said second aerobic routine, said second set of march in place on toes, said
8 second set of side benders, said second abdominal routine, and said second set of
9 deadlifts.

10
11 9. The method of claim 2, further comprising the step of:
12 for a person with a body classified into said fourth body type;
13 prescribing a first set of deadlifts for the person to perform;
14 prescribing a first and second set of side benders for the person to perform;
15 prescribing a second abdominal routine for the person to perform;
16 prescribing a first set and second set of march in place on toes for the person to
17 perform; and
18 prescribing a second upper body routine for the person to perform.
19

20 10. The method of claim 9, wherein the fitness program is prescribed with the
21 sequence of said first aerobic routine, said first upper body routine, said first set of
22 deadlifts, said first set of side benders, said first abdominal routine, said second aerobic
23 routine, said first set of march in place on toes, said second upper body routine, said

second first set of march in place on toes, said second abdominal routine, and said second set of side benders.

11. The method of claim 1, further comprising the steps of:
establishing a plurality of fitness levels for each of said plurality of body types;
classifying the body of the person into one of said plurality of fitness levels;
and wherein the steps of prescribing said first and said second aerobic routine, said upper body routine, and said abdominal routine are based on said classification of the body of the person into one of said plurality of fitness levels.

12. The method of claim 1, wherein the step of prescribing an upper body routine includes prescribing the exercises of push-outs, behind-the-neck presses, front presses, upright rows, bicep curls, and tricep kickbacks; and
the step of prescribing an abdominal routine includes prescribing the exercises of sit-ups, leg-outs, elbows to knees, and knees to elbows; and
wherein the resistance level of said prescribed exercises is based on the body type classification of the person

13. The method of claim 1, wherein the step of prescribing the steps of prescribing a first and second aerobic routine includes prescribing one of the exercises from the group of biking and walking; and
wherein the resistance level of said prescribed aerobic routine is based on the body type classification of the person.

1
2 14. The method of claim 1, wherein said body types established are based on the
3 shape of the body of the person.
4

5 15. A method for prescribing a fitness program for a person comprising the steps of:
6 establishing a plurality of body types;
7 classifying the body of the person into one of said plurality of body types;
8 establishing a plurality of fitness levels for each of said plurality of body types;
9 classifying the body of the person into one of said plurality of fitness levels;
10 prescribing an aerobic exercise for the person to employ, based at least in part, on the
11 body type classification of the person; and
12 identifying the proportion of aerobic versus anaerobic exercise the person should employ
13 based, at least in part, on the fitness level classification of the body;
14

15 16. The method of claim 15, further comprising the step of identifying an aerobic
16 exercise that the person should not employ according to the body type classification of
17 the person.
18

19 17. The method of claim 15, further comprising the step of prescribing a resistance
20 level for the prescribed aerobic exercise based, at least in part, on the body type
21 classification of the person.
22

1 18. The method of claim 15, further comprising the step of prescribing a speed range
2 level for the prescribed aerobic exercise based, at least in part, on the fitness level
3 classification of the person.

4
5 19. A method for prescribing a fitness program for a person comprising the steps of:
6 establishing a plurality of body types;
7 classifying the body of the person into one of said plurality of body types;
8 based on the body type classification of the person,

9 prescribing a first aerobic routine for the person to perform comprising at least
10 one of the exercises selected from the group of biking, walking, elliptical trainer,
11 and stepper;

12 prescribing a first upper body routine for the person to perform comprising the
13 exercises of push-outs, behind-the-neck presses, front presses, upright rows, bicep
14 curls, and tricep kickbacks;

15 prescribing a second aerobic routine for the person to perform comprising at least
16 one of the exercises selected from the group of biking, walking, elliptical trainer,
17 and stepper;

18 prescribing a first abdominal routine for the person to perform comprising the
19 exercises of sit-ups, leg-outs, elbows to knees, and knees to elbows; and

20 wherein the resistance level of the prescribed aerobic exercise is based, at least in part, on
21 the body type classification of the person.

22
23 20. The method of claim 19, further comprising the steps of:

1 establishing a plurality of fitness levels for each of said plurality of body types;
2 classifying the body of the person into one of said plurality of fitness levels; and
3 prescribing a speed range for the prescribed aerobic exercise based, at least in part, on the
4 fitness level classification of the person.

5
6 21. A fitness method for a person having a particular body type classification, said
7 fitness method comprising the steps of:

8 performing a first aerobic routine with the resistance level based, at least in part,
9 on the body type classification of the person and comprising at least one of the
10 exercises selected from the group of biking, walking, elliptical trainer, and
11 stepper;

12 performing a first upper body routine comprising the exercises of push-outs,
13 behind-the-neck presses, front presses, upright rows, bicep curls, and tricep
14 kickbacks;

15 performing a second aerobic routine with the resistance level based, at least in
16 part, on the body type classification of the person and comprising at least one of
17 the exercises selected from the group of biking, walking, elliptical trainer, and
18 stepper; and

19 performing a first abdominal routine comprising the exercises of sit-ups, leg-outs,
20 elbows to knees, and knees to elbows.

21
22 22. A fitness method for a person having a particular body type classification, said
23 fitness method comprising the steps of:

1 performing a first aerobic routine;
2 performing a first upper body routine;
3 performing a second aerobic routine; and
4 performing a first abdominal routine.

5
6 23. The fitness method of claim 22, further comprising the steps of:

7 performing a third aerobic routine;
8 performing a set of standing knee to opposite chest;
9 performing a set of L-kicks;
10 performing a second upper body routine; and
11 performing a fourth aerobic routine.

12
13 24. The method of claim 23, wherein the fitness method is performed with a sequence
14 of said first aerobic routine, said set of standing knee to opposite chest, said set of L-
15 kicks, said second aerobic routine, said first upper body routine, said third aerobic
16 routine, said first abdominal routine, said second upper body routine, and said fourth
17 aerobic routine.

18
19 25. The fitness method of claim 22, further comprising the steps of:
20 performing a first and second set of standing knee to opposite chest;
21 performing a set of push-ups; and
22 performing a third aerobic routine.

1 26. The method of claim 25, wherein the fitness method is performed with a sequence
2 of said first set of standing knee to opposite chest, said set of push-ups, said first aerobic
3 routine, said first upper body routine, said second aerobic routine, said first abdominal
4 routine, said second set of standing knee to opposite chest, and said third aerobic routine.

5
6 27. The method of claim 22, further comprising the steps of:
7 performing a second abdominal routine;
8 performing a first and second set of march in place on toes;
9 performing a first and second set of side benders; and
10 performing a first and second set of deadlifts.

11
12 28. The method of claim 27, wherein the fitness method is performed with a sequence
13 of said first abdominal routine, said first aerobic routine, said first set of march in place
14 on toes, said first set of side benders, said first set of deadlifts, said first upper body
15 routine, said second aerobic routine, said second set of march in place on toes, said
16 second set of side benders, said second abdominal routine, and said second set of
17 deadlifts.

18
19 29. The method of claim 22, further comprising the step of:
20 performing a first set of deadlifts;
21 performing a first and second set of side benders;
22 performing a second abdominal routine;
23 performing a first set and second set of march in place on toes; and

1 performing a second upper body routine.

2
3 30. The method of claim 29, wherein the fitness method is performed with a sequence
4 of said first aerobic routine, said first upper body routine, said first set of deadlifts, said
5 first set of side benders, said first abdominal routine, said second aerobic routine, said
6 first set of march in place on toes, said second upper body routine, said second first set of
7 march in place on toes, said second abdominal routine, and said second set of side
8 benders.

9
10 31. The fitness method of claim 22, wherein the resistance level of the exercise
11 routines performed is based, at least in part, on the body type classification of the person.

12
13 32. The fitness method of claim 22 wherein the steps of performing said first and
14 second aerobic routines include exercises from the group of biking and walking; and
15 wherein the resistance level of said exercise performed during said first and second
16 aerobic routines is based, at least in part, on the body type classification of the person.